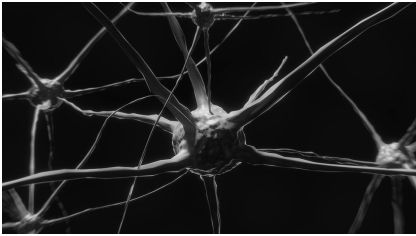


Alzheimer's Resource of Alaska

Winter 2019
Volume 38
No. 3

RESEARCHERS MAP HOW ALZHEIMER'S PATHOLOGY SPREADS ACROSS BRAIN NETWORKS



Capitalizing on recent advances in neuroimaging and genetic biomarker research, scientists have been able to identify specific pathways by which tau and beta-amyloid, two proteins that are hallmarks of Alzheimer's disease, accumulate in the brain over time.

The NIA-supported researchers also found that the patterns of tau and beta-amyloid accumulation were related to specific genetic profiles, providing better understanding of Alzheimer's disease risk and possible new avenues for diagnosis and monitoring of the disease.

Improved technology makes possible for intensive, side-by-side comparisons of how tau and beta-amyloid spread in the brain in distinctive patterns. Using this technology, researchers were able

to reveal nuances into how, even in disease, the brain follows a dynamic and complex network of circuits and connections.

The study was led by Dr. Jorge Sepulcre and Dr. Keith Johnson of The Gordon Center for Medical Imaging at Massachusetts General Hospital and Harvard Medical School, and Dr. Reisa Sperling, director of the Center for Alzheimer Research and Treatment at the Brigham and Women's Hospital and

(Cont.) Page 4

ALASKANS SERVING ALASKANS FOR 35 YEARS

Alzheimer's Resource of Alaska is a story with a humble beginning in 1980 and steady, gradual growth into the institution it is now.

When sisters Rebecca Clement and Beverly Tallman learned that their mother had dementia, they quickly discovered that there was little information and few resources to help them provide the best care possible for her.



Pictured: (from left to right) Becky Clements and Beverly Tallman

With little resources available, they decided they would create their own resources. To start, they formed the

first Caregiver Support Group for individuals in similar circumstances.

By 1984, their network had grown and they incorporated under the name "Alzheimer's Disease Family Support Group." From the beginning, Becky and Bev were determined to make this resource available to all Alaskans. They traveled around the state with the help of their husbands, both pilots, to gather and distribute information. More importantly, they ventured to ensure that other families and caregivers didn't have to take this journey alone.

Little by little, the organization gathered resources and expanded its capabilities. The sisters applied for and received their first grant in 1984 for \$28,000. This money was

used to expand information, referral and educational services, provider consultations, trainings, family consultations, and support groups.

In 1986, the organization realized the need, and was finally able to open an office in Fairbanks. A special "Buffalo Bar-B-Que" fundraiser, featuring a buffalo gunned down by Becky herself, helped to raise the necessary funds for opening the new office.

Even as the organization grew, the mission to support all Alaskans remained the same. The only thing that changed was the increased

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www.AlzAlaska.org

Stay connected via Facebook and Twitter
@AlzAlaska





Letter From The Executive Director

Welcome to 2019!

The start of a new year is a traditional time to take stock of where we've been and where we're headed. Throughout our thirty-five years of existence, Alzheimer's Resource of Alaska (ARA) has grown and adapted to a changing world in order to meet a wide array of challenges facing the Alaskans we serve. Our rich history and future plans are collected for you in the article Alaskans Serving Alaskans for 35 Years on Page 1.



The most noticeable change for ARA in the New Year occurs in the Mat-Su Valley where the need for our services is growing along with the area's population. To meet that need, we have expanded our offices by relocating to the Mat-Su Health Foundation Building at 777 N. Crusey Street, Suite B101, Wasilla. The facility is beautiful, and we know that our clients, caregivers and all who attend our classes and events will feel very welcome and comfortable there. We're opening our doors officially on January 2, 2019, and look forward working even more with the Aging and Disability Resource Center (ADRC) located in the same building.

Since Alzheimer's disease was identified more than 100 years ago, its causes and the pathway to disease-modifying treatments and cure have remained mysteries. But the increases in research funding, particularly in the last decade, have begun to show promise in these important areas. We know more now about environmental and genetic risk factors, how the disease progresses, how it affects the brain, and what biomarkers are associated with the disease. Investment in the basic research and translational studies will be key to our ultimately unlocking the mysteries that allow for early and effective interventions and the cure. The article on page 1 is a particularly good example of recent progress that scientists have made in understanding how the brain works as dementia appears.

Our best wishes to you, whatever transitions the New Year brings to you and your family. We are an organization dedicated to the well-being of our fellow Alaskans; it's this dedication that is the source of our longevity as we collaborate with Alaskans to deliver person-centered services.

We hope the lengthening days make the new year look bright for you,

Sincerely,

Pamela Kelley
Executive Director

Imaging of brain synapses could be novel test for Alzheimer's

(from page 1)

professor of Neurology at Harvard Medical School. The team used data from the Harvard Aging Brain Study and the Allen Human Brain Atlas.

In a brain with Alzheimer's disease, abnormal deposits of tau and beta-amyloid do not randomly appear, but instead show unique spatial patterns that follow the brain's existing connected neural networks. To better understand how tau and beta-amyloid interact with and influence each other, the researchers looked closely at 3-D brain network and gene maps and found that both tau and beta-amyloid were associated with genes devoted to lipid metabolism, and that the APOE E4 gene – a risk factor for Alzheimer's disease – played a central role in

the relationships of these genetic networks.

The scientists found common genetic background for the malfunction of both proteins. The findings showed that in addition to APOE, other variations in genetic pathways shared by tau and beta-amyloid could trigger their accumulation.

The study also found that tau propagation was associated with an axon-related (parts of neurons that pass messages away from the cell body) genetic profile, while beta-amyloid's spread was connected with a dendrite-related (parts of neurons that receive messages from other cells) genetic profile. The researchers hope this new understanding of tau and beta-

amyloid's propagation patterns can be combined with a person's genetic profile to help develop precision medicine approaches for improved diagnosis, monitoring and therapies for Alzheimer's disease in the brain.

This research was funded in part by NIH grants K23EB019023, T32EB013180, R01HL137230, R01-AG027435-S1, P50-AG00513421, R01AG046396, P01-AG036694 and 1RF1AG052653-01A1. Reference: Sepulcre J et al. Neurogenetic contributions to amyloid beta and tau spreading in the human cortex. Nature Medicine. 2018 Oct 29 doi: 10.1038/s41591-018-0206-4. [Epub ahead of print] Patterns of pathology progression in the human brain using network-based PET imaging. (Image courtesy of Dr. Jorge Sepulcre.)

Memory Cafés

Anchorage

Anchorage Senior Activity Center
1300 E 19th Avenue, Anchorage

Every 2nd Thursday

01/10,
02/14,
03/14,
1-2:30pm

Wasilla

Wasilla Area Seniors, Inc. (WASI)
1301 S. Century Circle, Wasilla

Every 3rd Tuesday

01/15,
02/19,
03/19
1-2:30pm

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

Pick.Click.Give.



Alaskans serving Alaskans for 35 years

(from page 1)

means of support the organization was able to provide. In 1992, the organization affiliated with the Alzheimer's Association and the name changed to "Alzheimer's Association, Alaska Chapter." This affiliation made it possible for the organization to begin respite services across the state. An additional office was opened in Juneau.

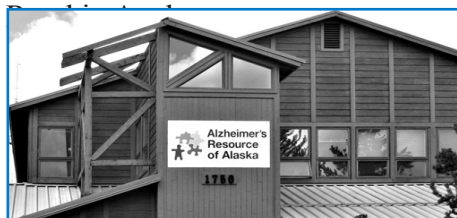
In 1994, the organization became certified to offer in-home services under the Medicaid Waiver Program. Two years later Care Coordination services began, and in 1998, an office was opened in Palmer. At this point, the organization offered Education, In-home Services, and Care Coordination, and spent the next fifteen years growing in those services to provide the best care possible.



Pictured: Care Coordination staff with clients

In 2001, the board voted to disaffiliate from the Alzheimer's Association. The Association was moving to focus on research and policy advocacy at the National level, while our board was determined to continue directing its efforts on serving and supporting Alaskans. The organization continued to grow, and by 2001, had added a major goal to its strategic plan, "Obtain additional space to accommodate services and staff."

This led to the development of the "Building Our Future" campaign in 2002 with the sole purpose of finding a building that would meet ARA's growing needs. Two years later, the organization had enough money to purchase its current headquarter office located on Abbot



Pictured: ARA's Anchorage office

In 2007, the strategic plan emphasized education and support services with specific objectives of advocating for increased funding. A grant was awarded to the organization by the Mat-Su Health Foundation on a three-year commitment to increase the availability of In-home Services in the borough.

Receiving the Alzheimer's Disease and Related Dementias statewide grant in 2011 allowed the organization to expand again on its education services. The ARA Research Fund was also established with the University of Alaska Foundation to support research in the state, specifically at UAF's Alaska Basic Neuroscience Program.

In 2014, ARA proudly celebrated 30 years of supporting Alaskans. While tremendous growth had been achieved, the organization could still say that it always stayed true to Bev and Becky's original mission. Offices in Anchorage, Fairbanks, Juneau, and Palmer allowed for staff and volunteers to truly provide

services for Alaskans in need across the state.

In 2015, the board faced a difficult decision. The implementation of a federal mandate, Conflict Free Case Management, required ARA to discontinue providing both Care Coordination and In-home services.

After several months of careful consideration, research into all available options (including duplication of services), and much difficult deliberation, our Board of Directors determined that we would move forward with Care Coordination, transitioning all our clients and In-home service workers to local providers in their community.

Over the span of the next three years, the Care Coordination Resource of Alaska program increased its number of Care Coordinators from a staff of 11 to 24. As of fiscal year 2018, CCRA was able to reach 965 individuals.

On January 2 of 2019, to meet the expanding needs in the Mat-Su Valley, our local office was relocated to the Mat-Su Health Foundation building in Wasilla, located at 777 N. Crusey Street, Suite B101, Wasilla.

Since 1980, ARA has been the leading source of information, support and services for individuals with Alzheimer's disease and related dementia. The organization continues to provide programs and services that ensure the highest quality of life for all vulnerable Alaskans.

Announcements...

STAY IN THE LOOP

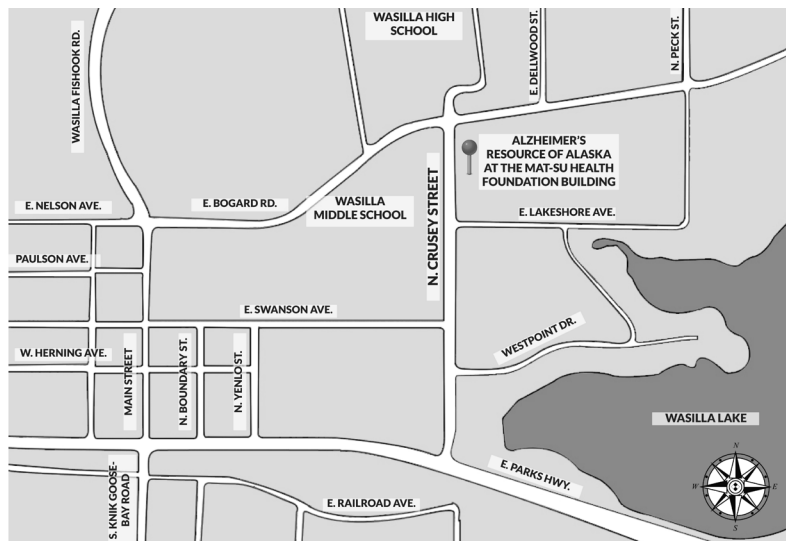
We are proud to announce that as of January 2, 2019, our Mat-Su Valley office is at a new location. Find your new Alzheimer's Resource of Alaska and Care Coordination Resource of Alaska of Wasilla at:

777 N. Crusey Street
Suite B101
Wasilla, AK 99654

We look forward to serving you
in the new year!



Pictured: Our new home in the
Mat-Su Health Foundation Building



Saturday, May 4



**Food
Music
Prizes**

Turn your steps into hope and support
Seniors and those affected by
Alzheimer's disease or related dementia.

**Alaska
AIRLINES**

Register today at AlzAlaska.org

Fundraise for a chance to win generous prizes from our sponsors!

Registration: Adult: \$25 Student & Military: \$20 Child & Seniors: \$15

Time TBD, Anchorage Golf Course, 3651 O'Malley Road, Anchorage





Are you interested in helping our organization raise funds? You can be part of the story of Alzheimer's Resource of Alaska by holding your own fundraiser.

Some examples of a fundraiser could be:

- Starting a cannister campaign at your workplace;
- Getting your favorite local coffee shop to participate in a "give it up" fundraiser. Customers can donate the cost of a "virtual cup of coffee" towards the organization;
- Utilizing Facebook or other social media to do an online fundraiser; or
- Host a "Write-A-Check" house party and invite your friends, neighbors, and coworkers.

There are many fun and unique ways that you can help raise funds for our organization and make an impact on the community. Each donation that we receive stays within the state and gives hope to vulnerable Alaskans.

For questions or help with setting up your own fundraiser, contact our development department by calling 907-561-3313, or send us an email at contact@alzalaska.org.

Steps to Maintain Cognitive Health

- Exercise regularly.
- Eat a healthy diet that is rich in fruits and vegetables.
- Spend time with family and friends.
- Keep one's mind active.
- Control type 2 diabetes.
- Keep blood pressure and cholesterol at healthy levels.
- Maintain a healthy body weight.
- Stop smoking.
- Get help for depression.
- Avoid drinking a lot of alcohol.
- Get plenty of sleep.
- Receive a free memory screening at any of our ARA locations.

Northwest Geriatrics Healthcare Series for Winter

Attend our virtual classrooms from
3:00 - 4:30PM in:

Anchorage
1750 Abbott Road
561-3313

Fairbanks
565 University Ave. Suite #2
452-2277

or

Mat-Su
777 N. Crusey Street, Suite B101
Wasilla, AK 99654
746-3413

**Register online at Alaska CACHE
at www.akcache.org**

January 8 - Dementia

January 15 - Differential Diagnosis
of Dementia, Delirium, and
Depression

January 22 - Treatment of
Behavioral and Psychological
Symptoms of Dementia

January 29 - Pharmacotherapy &
Describing

February 5 - Driving and Dementia

February 19 - Optimizing Safety
and Well-Being for the Cognitively
Impaired Patient in Primary Care

February 26 - Community
Resources for Dementia

March 5 - Abuse and Neglect in
Cognitively Impaired Older Adults

March 12 - Healthy Brain Aging
and Dementia Prevention

This series made possible by the Alaska
Health Education Center, The Alaska
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These contributions received between October 1 - December 31

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Mrs. Carol M Williamson

Classes & Events around the state

ANCHORAGE

1750 Abbott Road,
561-3313

ABC Presentations

Fall Prevention & Survival for Seniors

Monday, 1/14
10-11:30 am or 5:30-7 pm

Mouth Care Without a Battle

Monday, 1/21
10-11:30 am or 5:30-7 pm

Movie: *I'll Be Me*

Monday, 1/28
10-11:30 am or 5:30-7 pm

Communication Tips for Caregivers

Monday, 2/4
10-11:30 am or 5:30-7 pm

Dining & Dementia

Monday, 2/11
10-11:30 am or 5:30-7 pm

Movie: *Alive Inside*

Monday, 2/18
10-11:30 am or 5:30-7 pm

Legal and Financial Issues

Monday, 2/25
10-11:30 am or 5:30-7 pm

Challenging Behaviors

Monday, 3/4
10-11:30 am or 5:30-7 pm

Overview of Dementia

Monday, 3/11
10-11:30 am or 5:30-7 pm

Senior Targeted Fraud & Scams

Monday, 3/18
10-11:30 am or 5:30-7 pm

Movie: *"You're Looking at Me Like I Live Here, and I Don't"*

Monday, 3/25
10-11:30 am or 5:30-7 pm

Brain Works*

Tuesdays, 1/22-3/12
10-11:30 am

Mind Matters I*

Wednesdays, 1/23-3/13
10-11:30 am

Mind Matters II*

Thursdays, 1/24-3/14

MAT SU VALLEY

777 N. Crusey Street,
Suite B101, 746-3413

ABC Presentations

The GEMS: Using Skills that Make a Difference

Monday, 1/28
1-2:30 pm or 5:30-7 pm

Sleep & Dementia

Monday, 2/18
1-2:30 pm or 5:30-7 pm

The Dementias

Monday, 3/18
1-2:30 pm or 5:30-7 pm

Savvy Caregiver*

Thursdays, 1/17-2/21
1-3 pm

Dementia Care Essentials*

Thursdays 3/7-4/4
3-5 pm
Registration is required.

Brain Works*

Wednesdays, 1/9-2/27
1:30-3 pm

Wednesdays, 3/20-5/8
1:30-3 pm

Mind Matters*

Wednesdays, 1/9-2/27
10:30-Noon

Wednesdays, 3/20-5/8
10:30-Noon



Art Links

Anchorage
1750 Abbott Road
Every Friday, 11 am - Noon

Mat-Su
777 N. Crusey Street
Suite B101
Every Friday, 1-2:00 pm

Fairbanks
565 University Avenue
Suite 2
Every Thursday, 11 - Noon

***Registration Required**

JUNEAU

3225 Hospital Drive,
586-6044

ABC Presentations

Movie: *Alive Inside*

Thursday, 1/24
12-1:30 pm or 5:30-7 pm

Downsizing & Decluttering

Wednesday, 2/20
12-1:30 pm or 5:30-7 pm

The GEMS, Using Skills that Make a Difference

Thursday, 3/28
12-1:30 pm or 5:30-7 pm

Extra Offerings:

Awareness Presentation: When Does Forgetting Become a Worry?

Friday, 2/15, Noon-1 pm
Homer Public Library
500 Hazel Avenue, Homer
Contact: Janice Downing,
746-3413

Virtual Dementia Tour

Saturday, 2/16 10-4 pm
Homer Public Library
500 Hazel Avenue, Homer
Contact: Janice Downing,
746-3413

FAIRBANKS

565 University Ave., #2,
452-2277

ABC Presentations

Movie: *Alive Inside*

Tuesday, 1/29
5:30-7 pm

Communication Tips for Caregivers

Wednesday, 2/20
5:30-7 pm

Difficult Behaviors

Tuesday, 3/19
5:30-7 pm

Savvy Caregiver*

Mondays, 3/4-4/8
5:30-7 pm

Mind Matters*

Thursdays, 1/10-2/28
1-2:30 pm

See page 4 for
information about
current Memory Cafe
offerings in Anchorage
and Wasilla

Statewide Webinars *Registration is required.*

Connect with us via [GoToMeeting](#) and by [Telephone](#)

Professional Webinars

Amber Smith: 586-6044
asmith@alaska.org

Behaviors that Challenge Us

Tuesday, 1-22
Noon-1pm

Mouth Care Without a Battle

Tuesday, 2/19
Noon-1pm

Bathing Without the Battle

Tuesday, 3/26
Noon-1pm

Family Caregiver Webinars

Gay Wellman: 822-5620;
gwellman@alaska.org

Being a Friend

Saturday, 1/12
1-2:30 pm

Intimacy, Sexuality, and Dementia

Saturday, 2/9
1-2:30 pm

Behaviors that Challenge

Saturday, 3/9
1-2:30 pm

Savvy Caregiver

Saturdays, 2/2-3/9
10-Noon



Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Statewide Telephone Support Group

Alzheimer's Resource of Alaska	Caregiver	1st Saturday 1-2 PM 3rd Wednesday 1-2 PM Dial in 1-877-216-1555, Code 927989	Gay Wellman 822-5620 or (800) 478-1080 x5
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Anchorage

Alzheimer's Resource of Alaska 1750 Abbott Rd.	Caregiver	2nd Thursday	12PM-1:30 PM	Debbie Chulick
	Caregiver	4th Thursday	5:30-7:00 PM	561-3313
	Caregiver	2nd Tuesday	5:30-7:00 PM	Ann Farris 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	Caregiver	1st & 3rd Friday	10 -11:30 AM	Kim Jung 561-3313

Eagle River

Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	Caregiver	2nd Thursday	5:00-6:30 PM	Debbie Chulick 561-3313
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Fairbanks

Alzheimer's Resource of Alaska 565 University Ave. Suite 2	Caregiver	2nd Tuesday	5:30-7:00 PM	Joan Adams
		3rd Tuesday	11:30-1:00 PM	452-2277

Homer

Homer Senior Center	Caregiver	2 & 4th Thursdays	2:30-3:30 PM	Pam Hooker 235-7655
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Ketchikan

Ketchikan Senior Center Upper Level	Caregiver	Call for more information		Bernice 225-8080
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Kodiak

Kodiak Senior Center 302 Erskine Ave.	Caregiver	4th Thursday	12:30-1:30 PM	486-6181
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Mat-Su Valley

Alzheimer's Resource of Alaska 777 N. Crusey Street, Ste. B101	Caregiver	2nd Tuesday	1-2:30 PM	Janice Downing 746-3413
Palmer Senior Center 1132 S. Chugach Street	Caregiver	First Friday	10:00-11:30 AM	746-3413

Seward

Seward Senior Center	Caregiver	4th Thursday	1-2 PM	224-5604
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Sitka

Brave Heart Volunteers 120 Katlian Street	Caregiver	Call for more info.		747-4600
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Soldotna

Soldotna Senior Center	Caregiver	2nd & Last Tuesday	1-3 PM	Judy Warren 262-1280
Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280

Talkeetna

Sunshine Community Health Center	Caregiver	1st Monday	10:00-11:30	Janice Downing 746-3413
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**Alzheimer's
Resource
of Alaska**

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1750 Abbott Rd.
Anchorage, AK 99507

GRANTS AVAILABLE

APPLY TODAY

Mini Grants (up to \$2,500) are available for individuals with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources.

Email applications or questions to: ksilver@alzalaska.org.

Visit **AlzAlaska.org** or call **1-800-478-1080**



The **TRUST**
The Alaska Mental Health
Trust Authority


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Resource
of Alaska**